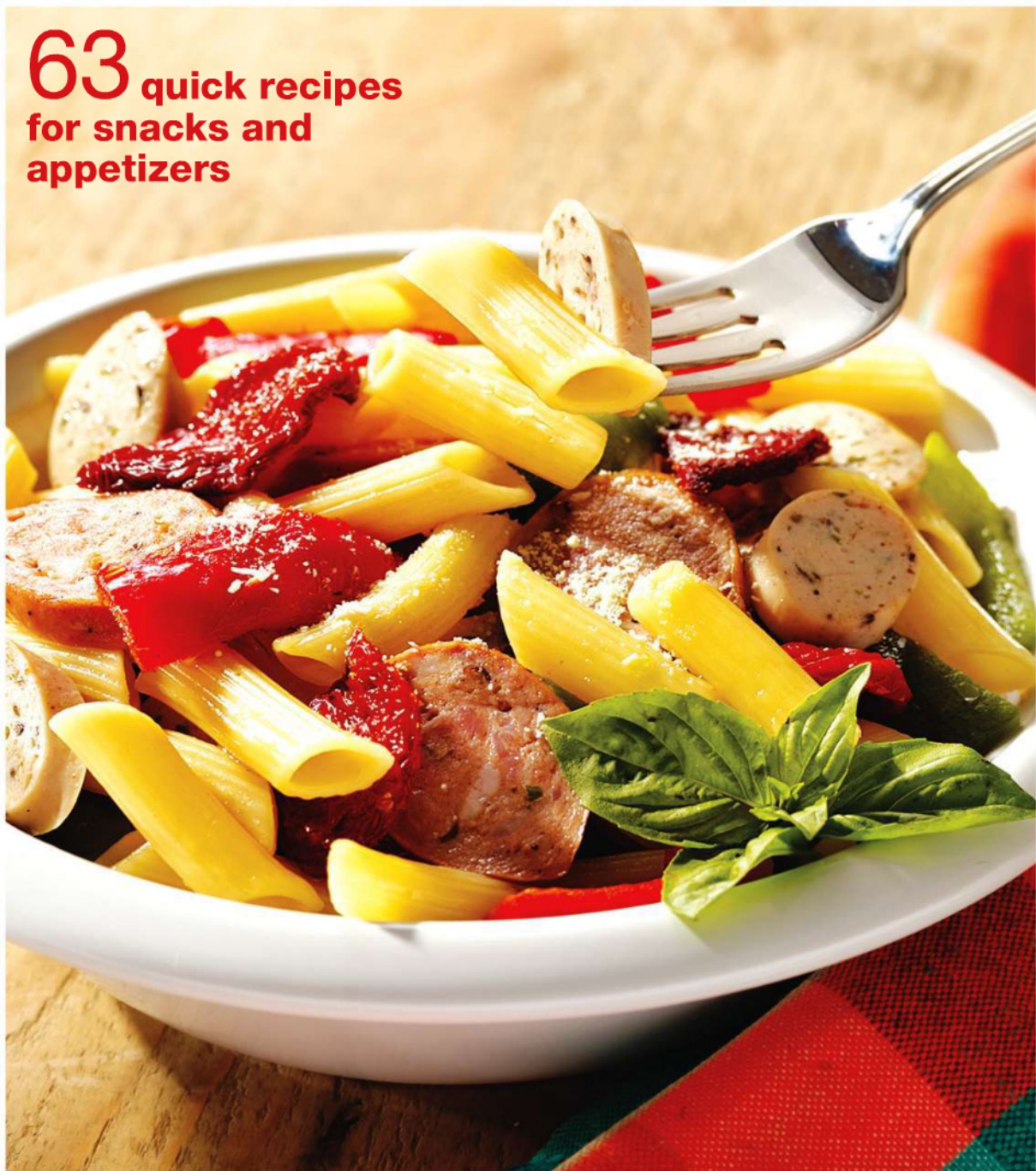


FOOD

Light & Easy

C O O K B O O K

63 quick recipes
for snacks and
appetizers



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MYRNA SEGISMUNDO

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introduction

We wish we could all take it light and easy in our jobs, our home lives and even our vacations.

So we're offering you a chance to do just that, this time in your kitchen. In this special, we've chosen the best of FOOD and foodie (our newest baby) with a special focus on simple recipes that will require only a few ingredients, with procedures that involve only a few steps. So you will get results as soon as you need them. This is the 'easy' part.

The 'light' part is a bit tricky. In today's calorie-conscious world, this can mean recipes designed to help you manage your weight or provide you with healthy diet alternatives—and this we can't guarantee. So we opted to include those recipes that make great snacks and appetizers or that can be light alternatives to heavy meals.

The recipes have been sorted into six sections classified as Breads and Spreads, Filipino Merienda, Pica-pica, Pasta and Pizza, Salads, and Sandwiches.

This is the first volume in a series of four recipe collections which we will publish this year, so watch out for our other three volumes, which will be themed Main Dishes, Desserts, and Entertaining. This series is a project of The Gastronomy Group, which also handles the production of various culinary publications including magazines and books for ABS-CBN Publishing, as well as activities related to food. So expect more from us.

In the meantime, take it light and easy.

Michaela Fenix

Michaela Fenix
Editor-in-chief, FOOD

Myrna Segismundo

Myrna Segismundo
Editor-in-chief, **foodie**



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Breads and Spreads

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Liver Pâté • Salmon and Cottage Cheese Dip
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Buttery Speculaas

Dutch spice cookies

Adapted from a recipe provided by Gaitri Pagrach-Chandra

baking sheet, 25x35-centimeters
(10x14-inch), greased

- 1/2 cup butter, unsalted
- 2 cups all-purpose flour
- 1/2 cup soft dark brown sugar (grainy)
- 1/4 cup caster white sugar
- 1/8 teaspoon salt, iodized
- 1/2 teaspoon baking powder

spice mixture (1 1/2 teaspoons ground cinnamon, 1/2 teaspoon ground cardamom, 1/4 teaspoon grated ginger, 1/4 teaspoon ground aniseed, 1/4 teaspoon ground cloves, 1/8 teaspoon freshly grated nutmeg, 1/8 teaspoon ground mace)

- 1 egg, beaten
- 3/4 cups slivered almonds, optional

Preheat oven to 350°F (180°C).

Rub the butter into the flour with your fingertips to a texture of fine breadcrumbs. Add the brown and white sugar, salt, baking powder and the spice mixture. Mix well.

Add the egg and knead lightly to a smooth dough.

On a floured surface, roll out dough to 1/4-inch thickness and cut into desired shapes using cookie molders. Transfer to prepared sheet. As an alternative, you may press the entire dough evenly onto the baking sheet. Scatter the almonds on top, if desired.

Bake for about 20 minutes for cut-outs or 30 minutes for the whole cookie sheet.

Cool to lukewarm then remove from the baking sheet. Cool cut-out cookie on a wire rack. Cut whole cookie into squares for serving and cool completely on a wire rack.

Store in an airtight tin container.

Tortitas

Little Cakes

Adapted from the recipe of Mrs. Cosette Montelibano

Makes about 24 pieces

- 1 tablespoon dry active yeast
- 2 teaspoons sugar
- 1 cup lukewarm water
- 1 cup sugar
- pinch of salt
- 12 egg yolks
- 1 cup butter, softened
- 6 - 7 cups all-purpose flour
- more flour, for dusting
- melted butter, for brushing
- granulated sugar, for topping

In a bowl, combine yeast, 2 teaspoons sugar and water. Whisk to dissolve. Cover with plastic wrap and set aside in a warm draft-free area (like a cupboard) for 5 to 10 minutes or until bubbly.

In another bowl, mix together sugar, salt, egg yolks and butter until well blended. Add the yeast mixture. Gradually add the flour and knead until smooth and elastic, about 8 to 10 minutes. Form dough into a ball and place in an oiled bowl. Cover with plastic wrap. Allow to rise in a warm place for 2 hours or until the dough has doubled in size.

Remove the dough from bowl, punch down and divide into 60- to 70-gram portions. Shape into buns and lay on lined greased sheet pans. Let rise for another 2 hours or until well risen.

Preheat oven to 300°F (150°C).

Bake for 20 to 25 minutes or until done. Cool slightly then brush with melted butter. Top with granulated sugar.

**Serve with coffee, tea or hot chocolate.*



Moroccan Sesame Seed Biscuits

Recipe by Jill Sandique

Makes 30 to 32 pieces

- 2 cookie sheets
 parchment paper
- 2 cups all-purpose flour
- 1 cup sesame seeds,
 toasted and cooled
- 3/4 cup + 2 tablespoons
 sugar
- 1 tablespoon baking
 powder
- zest from 1 lemon
- 3 large eggs
- 2 tablespoons vanilla
 extract
- 1 cup confectioners' sugar,
 for dipping the cookies

Place flour in a wok or sauté pan. Toast over low heat until pale brown (like polvoron). Cool completely. Divide into two portions.

Preheat oven to 350°F (180°C).

Line 2 cookie sheets with parchment paper. Set aside.

Put together one portion of the toasted flour and the sesame seeds in the bowl of a food processor. Process into a fine powder. Transfer to a mixing bowl.

Add the sugar, baking powder and lemon zest. Toss well.

In another bowl, blend together eggs and vanilla. Add to the dry ingredients. Mix well. Knead until smooth, adding more of the remaining toasted flour if necessary.

Form into balls, about 1 1/2 inches in diameter. Drop into confectioners' sugar. Lift gently then transfer to the prepared cookie sheets, with sugared side facing upwards.

Bake for 15 minutes or until golden brown. Remove from oven and cool completely.

Store in an airtight container.





Snickerdoodles

Recipe by Jill Sandique

Makes 24 to 28 pieces

- 4 cookie sheets
parchment paper or
shortening
- 3 tablespoons sugar
- 1 tablespoon ground
cinnamon
- 1 cup softened butter
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 teaspoons vanilla
extract
- 2 eggs
- 2 1/2 cups sifted all-purpose
flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

Preheat oven to 350°F (180°C).

Grease cookie sheets lightly with shortening or line with parchment paper. Set aside.

In a bowl, mix together 3 tablespoons sugar and cinnamon. Set aside.

In another bowl, cream together butter, brown sugar and granulated sugar until light. Add the vanilla extract and eggs, one at a time, beating well after each addition.

In another bowl, sift together flour, baking soda and salt. Gradually fold in dry ingredients into the creamed butter mixture. Blend well.

Scoop batter into 1-inch balls. Place on prepared cookie sheets, about 2 inches apart. Flatten slightly and sprinkle with cinnamon-sugar mixture.

Bake for 18 to 20 minutes or until golden brown. Cool in the cookie sheets for 10 minutes then transfer cookies to a cake rack. Cool completely. Store in airtight container.



Old-Fashioned Corn Bread

Recipe by Jundy Gueco

Serves 8 to 12

- 1 cup + 2 tablespoons cornmeal*
- 1 cup all-purpose flour
- 6 tablespoons sugar
- 1 teaspoon salt
- 1 tablespoon baking powder
- 2 eggs
- 6 tablespoons butter, melted
- 1/2 cup corn oil
- 2 cups milk
- 1/4 cup whole kernel corn

Preheat oven to 400°F (200°C).

Grease 2 standard-size loaf pans or 2 9x9-inch baking pans. Set aside.

In a bowl, sift together all dry ingredients. Set aside.

In another bowl, beat eggs lightly then add butter and corn oil. Stir in milk. Transfer bowl to a mixer and beat at medium speed until smooth. Add dry ingredients and corn and blend until smooth. Pour in prepared pan.

Bake for 30 to 45 minutes or until toothpick inserted in center comes out clean. Remove from pan and cool. Slice into serving pieces.

**Cornmeal is available in deli stores and major supermarkets.*

Carrot-Orange Bread

Makes 2 loaves, size: 8 1/4- x 4 1/2-inch

- 3 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 tablespoon orange zest
(grated orange rind)

1/2 to 3/4 cup sugar

- 1 egg
- 1/4 cup orange juice
- 1 1/4 cups milk
- 2 tablespoons melted butter
or margarine
- 1 cup grated carrots,
pressed to remove excess
moisture

Preheat oven to 350°F (180°C).

Grease 2 8x4-inch loaf pans.

In a large bowl sift together flour, baking powder and baking soda. Stir in orange zest and sugar. Set aside.

In another bowl, combine and beat together egg, orange juice, milk and melted butter. Add carrots to the milk mixture. Pour into dry ingredients and stir just until blended. Do not over-beat so you'll get a light bread, not too dense. Pour into prepared pans.

Bake for 40 minutes or until top is golden and a toothpick inserted in the center comes out with moist crumbs. Cool for 15 minutes then remove from pan. Place on wire rack and cool completely.



Quick Walnut and Fruit Bread

Makes 1 8- x 4-inch loaf

- 2 cups all-purpose flour
- 1/3 cup white or brown sugar
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon ground nutmeg or cinnamon, optional
- 1 egg
- 1 cup milk
- 3 tablespoons melted butter, cooled
- 3/4 - 1 cup coarsely chopped walnuts
- 1/2 cup dried fruits (dates, dried mangoes, etc.)
- 1/4 cup raisins

Preheat oven to 350°F (180°C).

Grease an 8x4-inch or similar size loaf pan.

In a large bowl, sift together flour, sugar, baking powder, salt and nutmeg or cinnamon, if using. Set aside.

In a bowl, beat egg until lemon-colored. Add milk and melted butter. Beat until well combined.

Stir liquid mixture into flour mixture. Beat until well mixed. Fold in nuts and dried fruits. Place dough in loaf pan and bake for about 30 minutes or until top is golden.



Banana Fluff Dollar Pancakes

Recipe by Myrna Segismundo

Serves 4

1/2 cup heavy cream
1 cup confectioner sugar
4 pieces ripe bananas,
mashed
salt, to taste
1 1/2 teaspoons lemon juice
12 pieces cooked dollar
pancakes*
maple syrup or any pancake syrup

In a bowl, beat heavy cream with confectioners' sugar until light and fluffy. Set aside.

In another bowl, toss together mashed bananas, salt and lemon juice. Fold into whipped cream.

Spoon a dollop of whipped cream on warm pancakes and drizzle with maple syrup or pancake syrup. Serve immediately.

**Dollar pancakes are small versions. Use 1 tablespoon batter to make each piece.*



Kulich

Russian Easter Bread with Candied Fruits and Nuts

Adapted from the recipe
of Jill Sandique

Makes 1 bread

For the sponge:

- 3 tablespoons dry active yeast
- 1 tablespoon sugar
- 1 1/2 cups lukewarm water

For the dough:

- 3 eggs
- 3 egg yolks
- 1/2 cup powdered milk
- 1 teaspoon vanilla extract
- zest of 1 lemon
- 1/4 teaspoon ground nutmeg
- large pinch of saffron, soaked in 1
tablespoon water, optional
- 8 - 9 1/2 cups sifted all-purpose
flour
- 1 teaspoon salt
- 1 cup butter, softened
- 1 cup raisins, plumped in hot
water
- 1/2 cup slivered almonds
- 1/3 cup candied fruits or peel
more candied or glazed fruits,
for garnish



Prepare the sponge by combining the yeast, sugar and water. Whisk well. Allow to rise for 10 to 15 minutes or until bubbly.

Add eggs, egg yolks, milk, vanilla, lemon zest, nutmeg and soaked saffron, if desired. Gradually add the flour, then salt and butter. Mix well. Knead until smooth and elastic.

Add raisins, almonds and candied fruits or peel. Form into a ball. Place in an oiled bowl and cover with plastic wrap. Allow to rise in a warm, draft-free area until double in bulk, about 1 to 1 1/2 hours.

Meanwhile, grease a tall milk can with butter or cooking oil. Set aside.

Invert dough onto a floured surface. Punch gently to relax the dough. Shape dough into a ball and transfer to the greased milk can. Proof (let the shaped dough rise) till double.

Bake at 300°F (140°C) for 30 minutes. Increase oven temperature to 325°F (163°C) and bake for another 40 to 45 minutes or until done. Cool 20 minutes then remove from can. Cool completely.

Glaze with water icing.

For water icing:

- 1 cup sifted confectioners' sugar
- 1 teaspoon vanilla or lemon juice
- 1 to 2 teaspoons water

In a bowl, whisk together all ingredients until smooth. Use immediately.

Corn Muffins

Recipe by Cecille Esperanza

Serves 6

12-cup muffin pan

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 2 eggs
- 1 1/2 cups whole milk
- 1/4 cup corn oil
- 1/4 cup melted butter, cooled
- 1 teaspoon vanilla extract

Preheat oven to 400°F (200°C).

Grease a 12-cup muffin pan and set aside.

In a mixing bowl, combine cornmeal, flour, sugar, baking powder and salt. Mix well to combine and set aside.

In another bowl, combine eggs, milk, corn oil, butter and vanilla extract. Add to cornmeal-flour mixture, stirring until just mixed. Do not overbeat.

Pour mixture into prepared muffin pan, filling each cup about 2/3 full.

Bake for about 15 minutes or until lightly golden. Remove from pan and serve warm.



Popovers

Recipe by Cecille Esperanza

Serves 6: 12-cup muffin pan ramekins

- 1 1/2 cups whole milk
- 1/4 cup butter, melted
- 4 eggs, lightly beaten
- 1 1/3 cups all-purpose flour

For the whipped fruit butter:

- 1/2 cup butter, softened
- 1/4 cup fruit preserves (may use strawberry, blueberry, or mango preserves)

- pinch of nutmeg, optional
- 1 teaspoon salt



Preheat oven to 425°F (218°C)

Use a nonstick muffin pan or grease a 12-cup muffin pan. Have ready one or two ramekins in case there's some extra batter. Grease ramekins and set aside with the muffin pan.

In a bowl, combine milk, butter and eggs. Mix well to combine. Stir in flour and salt and mix until well blended.

Pour batter half-full into prepared muffin pan (and ramekins if there's some extra batter) and bake until the tops are golden brown, about 25 minutes. Be sure not to open the oven door until popovers are ready or these will collapse.

Remove from pan and let cool on a rack. Pierce each popover with the tip of a knife to let steam escape. Serve with fresh butter, jam, herbed butter or fruit butter.

Make the whipped fruit butter

In a bowl, whip butter until light and fluffy. Blend in fruit preserves and nutmeg, if using, until smooth. Serve with bread or muffins.

Basic Jam or Conserve

Recipe by Chris Bautista

Makes about 4 cups

- 1 kilo prepared fruit
- 1 kilo white granulated sugar
- 1 1/2 teaspoons pectin*, mixed with 1 tablespoon sugar (Use for fruits that lack pectin such as strawberries)
- 1 tablespoon butter

**Available at Metro Gaisano, Market! Market! Fort Bonifacio, Taguig.*

Twelve hours before cooking, mix the fruit and sugar together in a large stainless steel bowl for the jam. For conserves, just layer fruits alternately and leave to macerate without mashing.

After 12 hours or overnight, cook mixture in a stainless steel pan. Bring the mixture to a rapid boil and lower the heat slightly. Using a slotted spoon, skim off any foam that rises to the surface.

Cook jam until it reaches the thread stage or about 220°F (105°C to 106°C) on a candy thermometer.** If the fruit used has little or no pectin, add the sugar-pectin mixture at the end of the cooking time and bring it briefly back to a boil.

When done, add the butter to rid the mixture of foam. Ladle into sterilized bottles or jars and seal tightly.



***If there is no candy thermometer available, dip a spoon into the boiling syrup and let a drop fall back onto the pot. The syrup should not simply fall off; it should stretch from the spoon back onto the pot, forming a thread, hence the term thread stage. Or, drizzle a little of the syrup onto a cool plate. The syrup should hold its shape and not run.*

Basic Jelly

Recipe by Chris Bautista

Makes about 4 cups



sterilized bottle

- 1 kilo fruit (produces about 3 cups of juice or pulp)
- 1 1/4 cups sugar for each cup of pulp (or same weight as the fruit pulp)
- 1 1/2 teaspoons pectin*
- juice of 1 lemon (use only if fruit lacks acidity)
- 2 teaspoons butter

**Available at Metro Gaisano, Market! Market! Fort Bonifacio, Taguig.*

Use a fruit juicer (if available) to extract the juice or pulp. Or heat the fruit in a pan with a little water to help break it down. This will make it easier to extract the juice. Strain the juice for a smoother jelly. For a clear jelly, strain the juice using a muslin cloth.

Weigh or measure the juice or pulp. This will determine how much sugar will be needed.

Mix the pectin with the sugar and set aside.

Add the lemon juice to the juice or pulp and bring to a boil in a stainless steel pan. Add the sugar-pectin mixture and bring back to a boil.

With a slotted spoon, skim off any foam that rises to the surface. Cook until mixture reaches the thread stage of about 220°F (105°C to 106°C) on a candy thermometer.* When done ladle the marmalade into sterilized bottles and seal lightly.

**See previous page for the alternatives to candy thermometer.*

Basic Marmalade

Recipe by Chris Bautista

Makes about 3 cups



stainless steel cooking pan
sterilized jars

1/2 kilo slightly sour
oranges
3 - 4 pieces lemons
5 1/2 cups water
2 1/2 cups sugar

Wash the oranges and lemons thoroughly in running water.

Cut the oranges and lemons into thin slices but leave the peel on. Remove the seeds. Place the slices on a stainless steel cooking pan and add water. Leave to soak overnight.

The next day, place the pan over high heat and bring to a boil. Lower heat and cook gently until mixture has reduced to 1/3 the original volume. Add sugar and return to a boil. With a slotted spoon, skim off any foam that rises to the surface.

Cook until mixture reaches the thread spread, or about 220°F (105°C to 106°C) on a candy thermometer*. When done ladle the marmalade into sterilized jars and seal tightly.

**See page 21 for alternatives to candy thermometer.*

Salsa Monja

Recipe by Cecille Esperanza

Makes 5 cups

sterilized jars

- 1 1/2 cups olive oil, divided into two portions
- 1 cup juice of sweet pickles, divided into two portions
- 1/2 cup lemon juice, divided into two portions
- 1 head garlic, peeled and separated into cloves
- 1/2 - 1 cup peeled shallots, whole
- 1 cup green olives
- 3/4 cup breadcrumbs
- salt, to taste
- 1/2 teaspoon paprika
- 1/2 cup distilled vinegar

Sift breadcrumbs into a mixing bowl.

Stir in half of the olive oil, half of the pickle juice and half of the lemon juice. Blend well.

In a saucepan, boil then simmer the remaining olive oil, pickle juice and lemon juice, garlic and shallots for 5 minutes.

Add the olives and the breadcrumb mixture. Season with salt and paprika; stir well and heat through. If mixture is too thick, add enough distilled vinegar to dilute it to a gravy-like consistency.

Spoon into sterilized preserve jars. Cool then store, covered, in refrigerator. Serve as a side dish for meat and fish dishes or as a dip for breads.





Four-Cheese Pâté

Recipe by Chad Arrieta

Makes 16 to 20 servings

9-inch pie plate
plastic wrap

- 3 225-gram packages cream cheese, softened and divided
- 2 tablespoons milk
- 2 tablespoons sour cream
- 3/4 cup chopped pecans
- 4 ounces Camembert cheese, rind removed and softened
- 1 cup shredded Swiss cheese
- 4 ounces crumbled blue cheese such as Roquefort or Gorgonzola
- 1/2 cup pecan halves
- sliced apples
- crackers
- Melba toast
- bread sticks

Line a 9-inch pie plate with plastic wrap.

In a mixing bowl, beat 1 package of cream cheese with milk and sour cream until smooth. Spread into prepared pie plate. Sprinkle with chopped pecans.

In another mixing bowl, beat together Camembert, Swiss and blue cheeses and the remaining cream cheese until thoroughly combined. Spread gently over the chopped pecans, smoothing the top to form a flat surface. Cover with a plastic wrap and chill overnight or several hours.

When ready to serve invert cheese pâté onto a plate. Remove plastic wrap and arrange pecan halves on top.

Serve with apples, crackers, Melba toast and/or bread sticks.



Brandied Chicken Liver Pâté

Recipe by Myrna Segismundo

Makes 4 cups

- 1 cup unsalted butter
- 1 cup chopped onions
- 2 cups chicken livers
- 1 bay leaf
- brandy
- 1/4 cup fresh cream
- salt and pepper, to taste
- 1/4 cup unsalted butter

Heat pan and melt 1 cup of butter. Sauté onions, then add chicken livers and bay leaf. Cook over low heat until the livers are lightly browned. Pour in brandy and fresh cream. Stir and simmer for another 3 minutes. Season with salt and pepper. Remove bay leaf. Set aside.

In a food processor or blender, process the liver mixture until fine and strain into a crock jar or glass container. Chill to set.

Melt 1/4 cup butter and pour over the chilled pâté to cover the top completely. Chill until ready to serve with crackers or toast.

Salmon and Cottage Cheese Dip

Recipe by Jill F. Sandique

Makes about 2 cups

- 1 can (7 ounces or 200 grams) salmon
- 1/3 cup smoked salmon
- 1/4 cup cottage cheese
- 2 teaspoons chopped onions
- 1/2 cup heavy cream
- salt and pepper, to taste
- broccoli florets
- cauliflower florets
- plain crackers
- dill, for garnish

Put together salmon, cottage cheese and onion in the bowl of a food processor or blender. Process until smooth. Add the heavy cream. Blend a few seconds more. Season with salt and pepper.

Transfer to another bowl and cover with plastic wrap. Chill until needed.

Blanch broccoli in boiling water, with a little salt, for 1 to 2 minutes. Remove from heat and immediately place in an ice water bath. Drain well then keep in refrigerator. Repeat process with the cauliflower.

When ready to serve, arrange vegetables and crackers on a platter or individual containers. Garnish dip with a sprig of dill and serve together with vegetables and crackers.

Chef's tip: You may also serve this with chilled carrot and celery sticks. Capers and chopped dill may also be folded into the dip.





Roasted Red Pepper Spread

Recipe by Myrna Segismundo

Serves 4

- 1/2 kilo red bell peppers
- 2 cloves garlic, peeled and macerated
- 1 tablespoon fresh rosemary, chopped
- 2 tablespoons olive oil
- salt, to taste
- freshly ground pepper, to taste

Grill the peppers on all sides until well-charred. Cool in a sealed paper bag.

Peel off the charred skins and remove the stems and seeds.

Place the peppers in a small glass bowl or jar. Add the garlic, rosemary, olive oil, salt and pepper. Marinate for at least 2 days.

Purée to a paste in a blender.

Serve with toast or crackers.



Filipino Merienda

Palitaw with Ginamis • Biko • Pastelitos
Puto Muffin • Batchoy • Pancit Molo • Miki ti Batac

Palitaw with Ginamis

Sugar-coated rice flour patties

Recipe by Prosy Badiola Montesines

Serves 6

- 1/2 kilo *galapong* dough
(rice flour mixed with water)*
- 1 1/2 cups water
- 1 cup refined sugar
- 1 cup roasted rice flour
- 1 young coconut, grated
- 2 cups chopped roasted *pinipig* (puffed rice)*

Shape the dough into patties.

In a large saucepot, bring water to a boil. Drop the rice patties into boiling water. *Palitaw* is cooked when it starts to float to the top. With a slotted spoon, scoop out floating patties.

Meanwhile, prepare the ginamis by mixing the sugar with the roasted rice flour and grated coconut. Add the chopped *pinipig*. Coat the patties with the mixture before serving.

*Available at wet markets.





Biko

Rice cake

Adapted from a recipe of Nora Daza

Serves 8 to 10

- 1 kilo *malagkit* (glutinous rice)
- 6 cups water
- 4 mature coconuts or 4 cups coconut milk (canned or packaged)
- 3/4 kilo dark brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon anise seeds

Wash and drain the *malagkit* three times. Add the water and bring to a boil. Simmer until most of the water has been absorbed and the rice is done. Set aside.

If using fresh coconuts, grate them. Add a little hot water, and then squeeze the milk out by hand. Strain and set aside.

In a heavy-bottomed pot, combine the coconut milk, sugar, salt and anise seeds. Mix well and boil until the mixture thickens. Lower heat and add the cooked *malagkit*. Blend well by stirring continuously until the mixture thickens and is difficult to handle, about 30 minutes.

Remove from the fire and spread out on a tray or platter so that the biko conforms to the shape of the container. Cut into squares and serve on a small plate or banana leaf.

**From the book Foodlore and Flavors: Inside the Southeast Asian Kitchen*

Pastelitos

Turnover/Empanada

Recipe by Ma. Livinia B. Lauglaug

Makes 80 pieces

For the filling:

- 5 - 6 cloves garlic, peeled and crushed
- 5 pieces small onions, peeled and minced
- 4 - 5 red bell peppers, minced
- 4 - 5 tablespoons lard
- 1 kilo ground pork
- 1 340-gram can luncheon meat, minced
- 1/4 cup sweet pickle relish
- 2 - 3 tablespoons Rufina *patis** (fish sauce)
- 1 teaspoon salt
- 2-3 tablespoons sugar
- raisins, as needed
- 5-6 pieces hard-boiled eggs, minced
- 1 225-gram bar cheese, diced

Procedure for the filling

In a large pan, saute garlic, onions and pepper in lard. Add the ground meat and cook till all the liquid evaporates. Add the luncheon meat and pickle relish. Season with *patis* and salt to taste. Add sugar. Let it cool. When mixture is cooled, add raisins, hard-boiled eggs and cheese.

**In Cebu, the term patis actually refers to 'toyo.' If you want fish sauce, it is called Rufina.*

For the dough:

- 250 grams Star margarine
- 1 1/4 cups sugar
- 1 kilo cake flour, sifted
- 1 cup water
- 6 cups cooking oil

Procedure for the dough

Cream the margarine and sugar until well-blended.

Add flour and water. Knead to form a dough. Divide dough into 80 pieces and form into balls. Roll out 3-inch discs.

Put filling in the center and press to seal edges. Crimp to form "*empanada*." Deep-fry until golden. Drain on paper towels.



Puto Muffin

Recipe by Cecille Esperanza

Makes 18 muffins

muffin pans or plastic molds

- 2 cups cake flour
- 1 tablespoon baking powder
- 1 cup sugar, divided into two portions
- 1 cup coconut milk
- 3 egg whites
- grated coconut, optional
- grated cheese, optional

In a mixing bowl, combine cake flour, baking powder, 1/2 cup of the sugar and coconut milk. Mix well and set aside.

In the bowl of an electric mixer, beat egg whites until stiff but not dry. Add remaining sugar gradually.

Fold beaten egg whites into flour mixture until well combined.

Spoon mixture into muffin pans or plastic molds and steam about 8 minutes or until tester inserted in center of *puto* comes out clean. If desired, serve with grated coconuts or cheese on top.



Batchoy

Adapted from the recipe
of Maridel Uygongco

Serves 8

For caldo (broth):

- 8 cups water
- 2 tablespoons rock salt
- 1/4 cup sugar
- 1 - 2 tablespoons *guinamos* (shrimp paste), tied in a cheesecloth pouch.

To cook the caldo (broth):

Put all ingredients in a stockpot. Place over high fire and bring to a boil. Lower heat then simmer for 20 minutes. Remove scum if it forms on the surface.

For the meat:

- 1/2 kilo *tripilla* (pork intestines), sliced
- 18 cups water, divided into 3 portion
- 2 tablespoons cooking oil
- 1/4 kilo onions, chopped
- 3/4 kilo pork meat, cut into strips
- 3/4 kilo pork liver, cut into strips



To cook the meat:

Wash pork intestines very well with running water. Insert a stick and pull to invert. Wash with detergent that has been diluted in water. Rinse very well with salt and water to remove any residue.

Place 6 cups water in a saucepot. Bring to a boil then simmer for 15 to 20 minutes. Drain then replace with another 6 cups of water. Boil again then simmer. Drain and replace with remaining 6 cups water. The intestines must smell fresh and clean after the third boiling. Repeat the procedure if necessary. Remove the intestines from the water then slice into strips. Reserve water.

In another pan, heat the cooking oil and sauté onions until light brown. Add sliced pork intestines and cook for 3 minutes. Add the reserved water and boil for 5 minutes.

Add pork strips, pork liver and the *caldo*. Cook until done. Season with salt and pepper.

Strain the mixture to separate the meat from the broth.

To assemble

500 grams *miki* or egg noodles, rinsed with hot water
chopped *chicharon*, chopped scallions, toasted garlic

Place *miki* in a bowl. Put pork strips, cooked liver and sliced intestines. Pour enough *caldo*. Top with *chicharon*, scallions and garlic.

Pancit Molo Dumpling soup

Adapted from the recipe of Maridel Uygongco

Serves 8 to 12

For the broth:

shrimp heads (from the 1/2 kilo shrimps needed for the soup), pounded

12 cups water

1 whole chicken, preferably native pork bones
pork bones

For the Molo dumplings:

1 kilo ground pork

4 stalks scallions, chopped

2 teaspoons soy sauce

salt, to taste

1 teaspoon ground pepper

1 teaspoon sugar

3 eggs, lightly beaten

Molo wrappers

1 egg, slightly beaten, mixed with
1 tablespoon flour to make an "egg glue"

For the soup:

2 tablespoons cooking oil

2 tablespoons butter or margarine

1 tablespoon crushed garlic

1/2 kilo shrimps, peeled (save heads for the broth), boiled, then cut into small pieces

shredded chicken, from the broth

strained broth

salt, to taste

Molo dumplings

chopped scallions

toasted garlic

ground pepper

To make the broth

Place pounded shrimp heads in a bowl. Add a little water then strain.

In a pot, place water, chicken, pork bones and strained shrimp juice. Bring to a boil then simmer. Remove scum. When chicken is cooked, strain broth. Cool then shred chicken by hand. Set aside. Reserve broth.

To make the Molo dumplings

Mix pork, scallions, soy sauce, salt, pepper, sugar and the lightly beaten eggs. Blend well.

Lay the molo wrappers on a clean plate with one corner pointing towards you. Place 1/2 teaspoon of the pork mixture in the corner closest to you, about 3/4-inch away from the edge. Fold this edge over the mixture and roll once. Fold the two side "corners" towards the center, brush with "egg glue" and press firmly to seal. This should resemble a bishop's hat. Repeat procedure with the remaining ingredients.

To make the soup

In a pot, sauté garlic in oil and butter until golden brown

Add the boiled shrimps and the shredded chicken.

Add broth then salt. Bring to a boil. Add Molo dumplings and boil for 1 minute. Turn off heat.

Place in bowls and top with fried scallions and toasted garlic. Sprinkle with ground pepper. Serve hot.





Miki ti Batac

Ilocos chicken noodle soup

Adapted from the recipe of Rene Guatlo

Serves 10

For the miki or egg noodles:

- 1/2 kilo all-purpose flour
- 2 pieces medium-sized eggs
- 6 tablespoons water

For the soup:

- 2 pieces chicken breast
- pinch of salt
- 12 cups water
- 2 heads garlic, crushed
- 2 tablespoons annatto seeds (achuete) soaked in 1/4 cup water, for coloring
- 4 teaspoons fish sauce (*patis*)
- salt and pepper, to taste
- chopped chives (*kuchay*), for garnishing

First, make the *miki* noodles. Combine all ingredients to make a dough. Flatten dough with a rolling pin. Cut into thin strips. Set aside.

Boil chicken breasts in 12 cups of water and pinch of salt. Remove chicken and flake. Reserve broth.

In a pan, sauté garlic until brown.

Add flaked chicken, *achuete* water and broth. Season with fish sauce, salt and pepper.

While boiling, add *miki* noodles gradually. Stir constantly.

When cooked, garnish with *kuchay* leaves.

Serve hot. Top with crunchy *bagnet** if desired.

**Bagnet is a whole pork piece that is boiled, dried and deep-fried.*

Pica-Pica

Crunchy Golden Snack Rings • Pesto Cheese Crispy Bites
Sesame Chicken Strips with Honey Dip
Creamy Mushroom Bruschetta • Shanghai Rolls
Lumpiang Ubod • Tortilla Crisps with Tomato and Cucumber Salsa
Bangus Maki • Dumplings • Kwek-kwek



Crunchy Golden Snack Rings

Recipe by Norma O. Chikiamco

Serves 6 to 8

- 2 large yellow onions
- 2 cups iced water, for soaking the onions
- 1 cup all-purpose flour
- 1/4 cup cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1 - 1 1/2 cups water
- 1/2 cup all-purpose flour
- 1 - 2 cups Japanese breadcrumbs
- 2 cups cooking oil

Peel onions and slice crosswise into 1/4-inch thickness. Separate the slices into rings. Soak onion rings in iced water for about 30 minutes. Drain and spread on paper towels. Set aside.

In a mixing bowl, combine 1 cup flour, cornstarch, salt and baking powder. Add water and mix until smooth but still slightly lumpy.

Heat oil in frying pan. Dredge onion rings in remaining 1/2 cup flour. Spread breadcrumbs on a plate or waxed paper. Dip onion rings a few at a time into the batter then dredge in breadcrumbs. When oil is hot, drop onion rings a few pieces at a time. Cook over medium heat until golden brown.

Remove rings from oil and drain on paper towels. Arrange on plate and serve with dip.

Dip suggestions: sweet and sour sauce, barbecue sauce or sour cream-mayonnaise dip





Pesto Cheese Crispy Bites

Recipe by Zenaida Polvorosa

Serves 20

- 2 cups pesto sauce (homemade or store-bought)
- 2 loaves fresh sliced white bread, crusts trimmed
- 2 200-gram boxes quick-melting cheese, sliced*
- garlic powder to taste
- 4 eggs, beaten
- 4 cups breadcrumbs
- cooking oil, for deep-frying

Spread pesto sauce thinly on a bread slice. Place a slice of cheese on one side of bread. Fold bread and press lightly to seal. Repeat with remaining cheese and bread slices.

Season bread with a sprinkle of garlic powder. Dip in beaten eggs then roll in breadcrumbs.

In a pan, heat oil and deep fry bread for 20 seconds or until golden brown. Serve warm.

**Note: Before you begin, make sure to cut the cheese in as many slices as there are bread pieces.*



Sesame Chicken Strips with Honey Dip

Serves 6

- 1/2 kilo chicken breasts, deboned and skinned
- 1/2 cup mayonnaise
- 1 teaspoon dry mustard
- 1 tablespoon minced onion
- 1/2 cup seasoned breadcrumbs or plain breadcrumbs with 1 teaspoon salt and pinch of pepper
- 1/4 cup sesame seeds
- 1 cup mayonnaise
- 2 tablespoons honey
- 1 tablespoon Dijon mustard

In a pot of gently simmering water, poach chicken until tender but not yet fully cooked. Cut into 1/2-inch strips.

Preheat oven to 425°F (220°C).

In a medium bowl, combine 1/2 cup of the mayonnaise, dry mustard and onion. Mix to blend well. Add chicken strips and toss to coat.

In a shallow bowl, combine breadcrumbs and sesame seeds. Roll chicken strips in breadcrumbs until well coated. Arrange in a single layer on a baking sheet and bake for 10 minutes or until lightly browned and crisped. Remove from oven and arrange on a serving dish.

In a bowl, whisk the remaining 1 cup mayonnaise with honey and mustard. Serve as a dipping sauce for the chicken strips.

Creamy Mushroom Bruschetta

Recipe by Minnie Francisco-Francia

Serves 1

2 tablespoons chopped bacon
3 cloves garlic, sliced
2 teaspoons spring onions,
chopped
3/4 cup fresh button mushrooms,
quartered
1/2 cup cream
salt and pepper, to taste
2 slices focaccia bread
olive oil

In a skillet, cook bacon until fat is rendered. Remove from heat, reserving the bacon oil in the pan.

Bring bacon oil to medium heat and sauté garlic, spring onions and mushrooms until tender. Cook until liquid evaporates. Add bacon to mixture.

Pour in cream and cook to creamy consistency. Season with salt and pepper.

Toast bread and spread bacon-mushroom mixture on one side. Finish off with a drizzle of olive oil on top.



Shanghai Rolls

Recipe by Lydia Castillo

Makes 80 pieces

1/2 kilo shrimps
 1 kilo ground pork
 1/4 cup water chestnuts,
 finely chopped
 1 big onion, chopped
 salt and pepper, to taste
 40 pieces *lumpia* wrappers
 water
 vegetable oil, for deep-frying

Peel shrimps. Discard the heads. Cut shrimps into very small pieces.

Combine shrimps with ground pork, water chestnuts and onion. Season with salt and pepper.

Let stand for about 10 minutes.

Separate the wrappers. Prepare a small bowl of water for sealing the *lumpia* rolls.

Spread a spoonful of the mixture on each wrapper and roll. Seal by wetting the edge of the roll.

When ready to serve, fry *lumpia* in very hot oil, turning once until golden brown.

Drain and cut each piece in two.

Serve with sauce on the side.

Sweet and Sour Sauce

2 tablespoons flour
 1 1/2 tablespoons soy sauce
 1/2 cup vinegar
 1/2 cup sugar
 2 tablespoons catsup
 pepper, to taste

Sweet and Sour Sauce

To prepare sauce, dissolve flour in soy sauce.

When it has the consistency of paste, mix in vinegar, sugar, catsup and pepper. Be sure sugar is fully melted.

Boil in a small casserole, stirring constantly until sauce reaches a thick, pouring consistency.

Note: You may also use bottled sweet and sour sauce, but making your own might be cheaper.





Lumpiang Ubod

Adapted from the recipe of Maridel Uygongco

Makes about 20 pieces

For the filling:

- 2 tablespoons cooking oil
- 1 1/2 teaspoons crushed garlic
- 1/2 cup chopped onions
- 1/4 kilo shrimps, boiled and peeled then sliced into strips
- 1/4 kilo pork, boiled then sliced into strips
- sugar, salt and pepper, to taste
- 1 kilo *ubod* (heart of palm), julienne

For the wrapper:

- 4 large eggs, separated
- pinch of salt
- 1 cup cornstarch
- 2 cups water

For the sauce:

- 1/4 cup white sugar
- 1 cup broth, from filling
- 1 cup water
- 1/4 cup cornstarch, dissolved in a small amount of water (slurry)
- 1 tablespoon finely chopped garlic

To assemble:

chopped garlic, spring onions, wax paper

To make the filling, in a pan, sauté garlic in oil until golden brown. Add onions and shrimps. Cook for another 2 to 3 minutes. Add pork, sugar, salt and pepper. Cover and cook for 5 minutes. Add sliced *ubod*, toss well and cover again. Cook until done. Strain and reserve the broth. Cool completely.

To make the wrapper, beat egg whites with salt until frothy then add egg yolks. Blend well. Meanwhile whisk together cornstarch and water until smooth. Add to beaten eggs. Brush an 8-inch non-stick pan with a little cooking oil. Place over low fire. Pour 2 tablespoons of batter into the pan, making sure it coats the pan evenly. Lift off wrapper when edges are dry and separated from the pan. Repeat with remaining batter. Stack on a platter.

To prepare sauce, in a saucepan caramelize sugar. Add broth and water. Bring to a boil. Add a little of the boiling liquid to the cornstarch slurry. Pour back into saucepan. Mix well using a wire whisk and boil for 30 seconds to 1 minute until it thickens. Add garlic and cool completely.

To assemble, mix together filling and sauce. Spread about 1/4 cup in the middle of *lumpia* wrapper. Sprinkle with some chopped garlic and spring onions. Roll the wrapper, folding in one side first and then one side perpendicular to it. Wrap rolled *lumpia* with wax paper.



Tortilla Crisps with Tomato and Cucumber Salsa

Recipe by Myrna Segismundo

Serves 4

- 8 pieces flour tortillas*
- vegetable oil, for deep frying
- 1 piece cucumber, peeled and diced
- 3 pieces salad tomatoes, seeded and diced
- 3 to 5 sprigs fresh coriander (cilantro, *wansuy*), coarsely chopped
- juice of 1 lemon
- 1 tablespoon olive oil
- salt and pepper, to taste

*Available in supermarkets

Deep-fry tortillas, one at a time, in hot vegetable oil till lightly golden. Remove tortillas from oil and rest on paper towels to cool down. Then with your hands, break them into uneven pieces, about the size of whole potato chips, and set aside.

In a bowl, combine cucumber, tomatoes and coriander. Add lemon juice and olive oil and toss. Season with salt and pepper. Chill the salsa before serving with the tortilla chips.

Bangus Maki

Milkfish, salted duck egg, tomato and rice wrapped in nori

Adapted from the recipe of Bistro Luneta

Serves 4

- 1/4 cup sushi rice vinegar
- 1 1/2 cup steamed Japanese rice
- 1/4 cup canola oil, for frying milkfish
- 1 whole boneless *bangus* (milkfish, cut butterfly-style)
- 2 pieces salted duck eggs, diced
- 1/2 cup plum tomatoes, seeded and diced
- 3/4 cup finely chopped yellow onions
- 5 pieces nori wrapper
- 1 pack tempura batter mix, prepared according to package directions
- cooking oil, for deep frying

For the teriyaki sauce:

- 1 cup low sodium Japanese soy sauce
- 1 cup granulated sugar
- Japanese pickled ginger

Add sushi vinegar to steamed rice and set aside to cool.

Heat oil in pan and fry milkfish, skin side first, then flip to cook the inside. Cook until golden brown. Set aside to cool.

Remove skin from *bangus* and finely chop the meat.

Combine fish with salted eggs, tomatoes and onions.

Lay plastic wrap then nori wrapper on rolling mat. Place sushi rice on the lower half of the nori wrapper.

Put 1/3 cup of the *bangus* mixture evenly on top of the rice.

Roll up lightly to form a cylinder or a maki roll. Roll up remaining rice and bangus filling into 4 more maki rolls.

Dip the maki rolls in tempura batter and deep-fry until golden brown. This will take 40 to 60 seconds.

To make the teriyaki sauce, mix together low sodium soy sauce and sugar in a saucepan. Place over low heat and simmer for about 15 to 20 minutes.

Cut each maki roll into 8 pieces and drizzle with teriyaki sauce. Serve with Japanese pickled ginger.





Dumplings

Recipe by Nora Daza

Makes 50 dumplings

For the wonton:

- 1/2 kilo ground chicken breast
- 8 stalks spring onions, finely chopped
- 2 tablespoons soy sauce
- 1/2 teaspoon iodized salt
- 1 tablespoon sesame oil
- 1 tablespoon cooking oil
- 50 pieces wonton wrappers (round ones look better but square ones will do)
- 1/4 cup cooking oil, for cooking dumplings
- 1/4 cup water

For the dipping sauce:

- 1/4 cup soy sauce
- pinch of sugar
- 2 tablespoons vinegar

Mix the ground chicken breast, spring onions, soy sauce, salt, sesame and cooking oil in a bowl. Blend well.

On 1 piece of wonton wrapper, place 1 teaspoon of the mixture in the middle. Gather all the edges in the middle and seal the edges with a little water. Do the same with the rest of the wrappers.

In a preheated pan, pour in the cooking oil and water. Cook the dumplings in the oil-water mixture. The oil will give a light brown exterior while the water will cook the inside thoroughly.

Before serving, prepare the dip by mixing soy sauce, sugar and vinegar.

Kwek-kwek

Recipe by Myrna D. Segismundo

Serves 4

1 1/2 cups flour
1/2 cup cornstarch
2 cups water
12 drops yellow food color
12 drops red food color
1 teaspoon salt
1 teaspoon pepper
30 - 40 pieces quail eggs, hard-boiled
then peeled
1/2 cup flour, for coating
cooking oil, for deep-frying

To make the batter, combine 1 1/2 cups flour, cornstarch, water, food colors, salt and pepper in a mixing bowl. Mix until smooth. Set aside.

Roll boiled quail eggs in the remaining flour and dip one by one in the batter. Make sure the eggs are coated well.

Meanwhile, heat oil in a deep frying pan.

Fry battered eggs over medium heat till golden brown. Serve with a vinegar-soy-garlic sauce.



Pasta and Pizza

Linguini with Clam Sauce • Baked Spaghetti with Two Sauces

Two-Sausage Pasta with Roasted Peppers • Pasta in Fresh Tomato Cream

Three-Mushroom Pasta with Sun-Dried Tomatoes and Salami

Baked Penne with Italian Sausage • Penne with Chicken and Sage

Beef Stroganoff • Cold Pasta Salad • Calzone • Pizza a la "Pie"





Linguine with Clam Sauce

Adapted from the recipe of Boots Anson Roa

Serves 4 to 6

500 grams linguine noodles
 1/4 cup olive oil
 1 56-gram can anchovies
 1 tablespoon garlic
 1 medium onion, diced
 1 284-gram can sliced mushrooms
 1 large can dressed clams in clam juice, or
 1/2 kilo fresh clams, cleaned and boiled,
 reserving 1 cup liquid
 laurel leaves
 oregano leaves
 Italian seasoning
 3 tablespoons cornstarch, dissolved in 2
 tablespoons water
 parsley
 Parmesan cheese

Cook linguine noodles according to package directions, making sure they remain *al dente* (firm to the bite). Keep warm.

In a pan, heat olive oil and sauté anchovies, garlic, onions and mushrooms.

Blend in clams and their juices. Simmer and season with laurel leaves, oregano and Italian seasoning.

Thicken slightly with dissolved cornstarch. Toss with the cooked noodles. Top with parsley and Parmesan cheese.

Baked Spaghetti with Two Sauces

Recipe by Cat Juan

Serves 8 to 10

For the meat sauce:

- 2 tablespoons cooking oil
- 1/2 head garlic, peeled and minced
- 2 onions, sliced
- 1 kilo ground beef
- 2 green and red bell peppers, seeded and cubed
- 1 750-gram pack spaghetti sauce
- 1 150-gram can tomato paste
- 2 beef broth cubes dissolved in 2 cups hot water, or 2 cups beef broth
- 1/2 teaspoon black pepper
- 1 teaspoon salt
- 1 - 2 tablespoons sugar

For the white sauce:

- 1 cup butter
- 1/4 cup flour
- 4 cups milk
- 1/2 beef broth cube
- salt and pepper, to taste
- 500 grams spaghetti noodles, cooked according to package directions
- 2 cups grated cheese



Make the meat sauce

In a large skillet, heat oil and sauté garlic and onions.

Add beef and cook until beef is brown. Stir in bell peppers.

Pour in spaghetti sauce and tomato paste. Add dissolved beef cube or beef broth. Season with pepper, salt and sugar. Simmer for 45 minutes.

Make the white sauce

In a skillet, melt butter. Slowly add in flour and stir until well combined with butter.

Pour in milk. Simmer, stirring, until thickened. Add beef cube. Season with salt and pepper. Continue simmering until beef cube dissolves.

To bake

Preheat oven to 350°F (180°C).

Pour one third of the white sauce on a baking dish. Add half of the cooked spaghetti noodles. Pour in half of the meat sauce then one third of the white sauce.

Add remaining spaghetti noodles.

Pour remaining meat sauce and remaining white sauce.

Sprinkle about 2 cups grated cheese on top. Cover baking dish with foil. Bake in oven until cheese melts and turns golden brown.

Two-Sausage Pasta with Roasted Peppers

Recipe by Tina Diaz

Serves 6 to 8

- 1 1/2 cups extra virgin olive oil, divided
- 3 tablespoons minced garlic
- 5 Italian garlic sausages (300grams), sliced diagonally
- 6 herbed sausages (300grams), sliced diagonally
- 2 cups thickly sliced white onions (large variety)
- 2 large red or green bell peppers
- 4 - 5 whole pieces sun-dried tomatoes, soaked in water
- 1/2 teaspoon salt
- 2 - 3 fresh basil leaves, cut into strips
- 750 grams cooked spaghetti noodles or ziti or penne
- 1 cup grated Parmesan cheese

In a wide saucepan, heat 2 tablespoons of the olive oil over medium heat. Add garlic and cook just until edges start to turn golden.

Add sausage slices and cook for 3 minutes, stirring constantly. Remove garlic and sausages from oil. Set aside.

Lower heat and add onions to oil, stirring once. Cook, covered, for about 10 minutes or until onions are soft and limp.

Meanwhile, place a rack over a stovetop. Place bell peppers over rack and roast over high heat until the skins blacken.

Immediately plunge peppers into cold water to remove the skin.

Slice in half and remove seeds. Slice peppers into strips. Drain sun-dried tomatoes and slice into strips.

Uncover onions and add remaining olive oil and bell pepper strips, stirring slowly to avoid mashing the mixture. Season with salt.

Return sausages to pan, tossing to coat well with sauce. Stir in sun-dried tomatoes and basil.

To serve, place cooked noodles in a serving dish. Toss 2/3 of the sauce with the noodles.

Just before serving, sprinkle Parmesan cheese on noodles and toss lightly. Top with remaining sauce.





Pasta in Fresh Tomato Cream

Recipe by Tina Diaz

Serves 4 to 6

- 2 kilos firm red tomatoes
- 1/4 cup extra-virgin olive oil
- 2 tablespoons minced garlic
- 1 medium size white onion, finely chopped
- 1 tablespoon salt
- 1 teaspoon Italian seasoning
- 2 tablespoons extra virgin olive oil
- 1 425-gram can sliced button mushroom, drained
- 2 cups heavy cream
- 1/4 cup white wine
- 500 grams linguine, cooked according to package directions
- Parmesan cheese

In a large pot, blanch tomatoes in boiling water for 30 seconds. Remove from water and immediately plunge in a basin of ice water to stop the cooking.

Peel tomatoes, remove seeds and slice into quarters.

In a wide pan over medium flame, heat 1/4 cup olive oil. Add garlic and onions and cook-stir for 1 minute. Add sliced tomatoes. Stir in salt and Italian seasoning.

Turn heat down to lowest setting. Cover pan and let tomatoes stew gently for 1 hour, stirring occasionally, being careful not to mash the tomatoes.

When tomatoes are stewed, heat 2 tablespoons olive oil in a separate

pan. Add mushrooms and sauté for about 2 minutes or until liquid released from the mushrooms reduces.

Add the stewed tomatoes and bring to a simmer. Pour in cream and white wine. Stir gently and cook just until mixture simmers. Season with salt if desired.

Serve over cooked pasta and sprinkle with Parmesan cheese.

Three-Mushroom Pasta with Sun-Dried Tomatoes and Salami

Recipe by Pia Nava

Serves 6

- 1/2 cup olive oil
- 3 tablespoons garlic
- 1 56-gram can chopped anchovies
- 1/4 cup sliced sun-dried tomatoes
- 1 cup dry Italian beef salami
- 1/2 cup sliced shiitake mushrooms
- 1/2 cup sliced straw mushrooms
- 1/2 cup sliced button mushrooms
- 2 tablespoons capers
- 2 tablespoon black olives
- salt and pepper to taste
- pinch of chili flakes
- dash of Parmesan cheese
- 500-gram pack linguine noodles, cooked according to package directions

In a large skillet, heat olive oil and sauté garlic, anchovies, sun-dried tomatoes and salami. Stir in the three kinds of mushrooms, capers and olives.

Season with salt and pepper. Sprinkle with chili flakes and Parmesan cheese.

Serve over cooked pasta.



Baked Penne with Italian Sausage

Serves 6

- 1 500-gram pack penne pasta
- 2 tablespoons olive oil
- 1/4 kilo Italian sausage, sliced
- 1 cup sliced mushrooms
- 2 250-gram packs marinara sauce or pasta sauce of choice
- salt and pepper, to taste
- 1 1/2 cups Mozzarella cheese
- 1/4 cup Parmesan cheese

Cook pasta according to package directions. Drain and keep warm.

Preheat oven to 400°F (200°C). Grease a 13- x 9-inch baking dish. Heat oil in a skillet. Add sausages, stirring frequently, until sausages are cooked through.

Stir in mushrooms and simmer until mushrooms are tender. Pour in marinara sauce. Cook, stirring occasionally. Season with salt and pepper.

Add pasta to sauce mixture. Toss well to coat. Transfer to prepared baking dish. Sprinkle top evenly with Mozzarella and Parmesan cheeses.

Bake for about 15 minutes or until cheese is bubbly. Let cool about 5 minutes before serving.





Penne with Chicken and Sage

Recipe by Jill Sandique

Serves 4

225 grams uncooked penne
4 pieces boneless and skinless chicken breasts
2 teaspoons lemon or *calamansi* juice
salt and pepper, to taste
1 tablespoon dried sage, or to taste
1 tablespoon butter
1/3 cup olive oil, reserve 2 tablespoons
fresh sage, optional
dried chili flakes, optional
grated Parmesan cheese, optional

Cook penne according to package directions. Set aside.

Place chicken breasts in a nonreactive container. Drizzle with lemon or *calamansi* juice. Season with salt and pepper. Add dried sage and cover with plastic wrap. Refrigerate for 30 to 45 minutes.

In a sauté pan, heat together butter and 2 tablespoons of the olive oil. Pan-fry chicken breasts until golden. Remove chicken breasts and set aside. Cool briefly then slice into cubes.

In the same pan, add the remaining olive oil. Heat gently and add the cooked pasta. Toss well. Add some chopped fresh sage and dried chili flakes, if desired. Adjust seasonings, if necessary. Add chicken. Transfer to a serving dish. Serve hot with Parmesan cheese.



Beef Stroganoff

Adapted from the recipe of Dez Bautista

Serves 8 to 12

- 500 grams Italian pasta, preferably linguine
- 1 tablespoon butter
- 1 tablespoon oil
- 1 medium onion, peeled and chopped
- 1 tablespoon chopped garlic
- 1/2 kilo ground beef
- 1/2 kilo ground pork
- 1/2 cup chopped ham, divided into two portions
- 1 284-gram can sliced mushroom, drained
- 2 cups fresh milk
- 2 305-gram cans condensed cream of mushroom soup
- 2 1/2 cups grated cheese, apportion into 2 cups
- salt, to taste

Cook pasta according to package directions. Drain and set aside.

In a sauté pan, heat butter and oil. Sauté onions and garlic briefly.

Add beef then cook for 5 minutes over medium heat. Add ground pork and cook for 5 minutes more or until light brown. Add 1 portion of the chopped ham and the mushrooms. Add the fresh milk. Cook for about 3 minutes then add 1 can cream of mushroom soup.

Slowly add 2 cups of the grated cheese. Mix well.

Add the pasta to the sauce and mix well. Season with salt.

Pour the pasta on a serving dish and top with the other can of cream of mushroom soup. Top with the remaining grated cheese and ham. Serve hot.

Cold Pasta Salad

Recipe by Myrna D. Segismundo

Serves 4

- 3 - 4 cups leftover pasta (penne, spaghetti or fettuccini)
- 2 cups leftover sausages, cut into thin slices
- 1 piece celery stalk, cut into thin slices
- 1/2 cup hard cheese (cheddar, Queso de bola, Gruyere, Parmesan), cut into small pieces
- 1/2 cup lemon-olive oil dressing
- 4 pieces fresh basil leaves, cut into thin strips, optional salt and pepper, to taste

For the lemon-olive oil dressing:

- juice of 1 lemon
- 1/2 cup olive oil
- 1/2 teaspoon lemon zest
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

In a mixing bowl, whisk together all ingredients for the dressing until well-blended.

To assemble

In a salad bowl, toss all ingredients for the pasta with lemon-olive oil dressing. Season as needed.



Calzone

Recipe by Michel Mingozzi

Makes 3 large or 6 small calzones

For the dough:

- 3 1/2 cups warm water
- 1 teaspoon yeast
- 1 tablespoon white sugar
- 3 to 4 cups all-purpose flour (if using only all-purpose flour, use 8 cups)
- 3 to 4 cups semolina flour
- 1 tablespoon salt
- 1 tablespoon + 1 teaspoon olive oil

For filling 1:

- 3/4 cup grated Mozzarella cheese
- 1/2 cup chopped ham
- 1/4 cup sliced mushrooms
- 1/4 cup tomato sauce
- 1 egg yolk

For filling 2:

- 1 cup goat cheese
- 1/2 cup steamed broccoli florets
- 1/2 cup steamed cauliflower florets
- 2 tablespoons peas
- 1 medium tomato, diced
- 2 tablespoons sliced pitted black olives
- 1/2 cup artichoke hearts

For filling 3:

- 3/4 cup grated Mozzarella cheese
- 1 cup mixed seafood of choice
- 6 tablespoons tomato sauce
- 1 tablespoon shredded fresh basil leaves



To make the dough

Pour the water into a medium bowl. Sprinkle the yeast and sugar over the surface of the water. Stir until dissolved and let stand until mixture is foamy, about 5 to 10 minutes.

In a large bowl, place half of the flour. Add the salt, olive oil and the yeast mixture and whisk by hand using a large wooden spoon. If using an electric stand mixer use the dough hook.

Add the remaining flour, 1/2 cup at a time, mixing all the while until a soft, sticky dough forms. The dough should lightly clear the sides of the mixing bowl.

Place the dough on a lightly floured work surface and knead until the dough is springy and smooth to the touch, about 8 minutes. You may need to add more flour occasionally but don't add more than necessary otherwise the calzone will be tough. Pat the dough into a flattened round. Place on a large plate and wrap loosely with plastic wrap. Let rest for 30 minutes.

Making the fillings

Preheat oven to 350°F (180°C).

Make fillings by combining all ingredients for each filling in separate bowls. Each filling is good for 1 large calzone. If you choose to use just one type of filling, double or triple the given quantities.

To make the calzone

Pinch off 250 grams of the dough or enough to make a 12-inch circle. On a lightly floured surface, press the dough into a circle until it is about 1/4-inch thick. Keep the edges slightly thicker than the center. While rolling the dough, pick it up occasionally and turn it over in your hands several times to stretch it. Continue to flour your hands to keep the dough from sticking. You should be able to make 3 large rounds of dough or 6 smaller dough rounds.

When dough is formed, arrange filling of choice into each dough. To achieve the desired half-moon shape of a calzone, fill only one side of the dough. Fold the dough over at the center. Seal by folding in the dough edges.

Place filled calzones on slightly greased baking sheet. Bake for 30 minutes or until the calzone is golden brown and darkened at the edges. Serve homemade tomato sauce or pizza sauce on the side.

Pizza a la “Pie”

Recipe by Pie David

Serves 8

For the dough:

- 1 teaspoon active dry yeast
- 1/3 cup warm water
- 1 2/3 cups all-purpose flour, sifted
- 2 tablespoons pale pilsen beer
- 1/2 teaspoon salt
- 1/2 tablespoon olive oil

For the toppings:

- 1/3 cup store-bought pizza sauce
- 2 cups grated Mozzarella cheese
- 1/4 cup Parmesan cheese
- 1/2 cup fresh basil leaves

extra virgin olive oil, for drizzling

In a small bowl, combine yeast and warm water and allow to rest until foamy. Set aside.

Place sifted flour in a large bowl and create a well. Pour the yeast mixture in the center of the flour. Mix well. Pour in beer and stir. Add salt and olive oil. Knead mixture until it forms a dough.

Turn out dough onto a floured surface and knead until smooth and elastic, adding a little flour from time to time to keep the dough from getting sticky. Place dough in an oiled bowl. Cover with plastic wrap and let it rise for 45 to 60 minutes or until double in bulk. Punch dough in the middle and let it stand covered for another 30 minutes.

Preheat oven to 400°F (200°C).

Flatten dough into a 6-inch round disc. With a rolling pin, roll out thinly to make a 12-inch pizza crust.

Place rolled pizza crust on a pizza tray. Brush top of crust generously with pizza sauce. Sprinkle Mozzarella cheese and Parmesan cheese. Bake for 8 to 10 minutes or until cheese becomes bubbly.

Remove pizza from oven and top with fresh basil leaves. Bring back to oven for another 2 minutes or until basil is wilted. Remove from oven and drizzle with virgin olive oil. Slice into 8 pieces. Serve hot.



Salads

BLT Salad with Croutons • Tuna in Avocado Halves • Crispy Prawn Salad • Mixed Greens with Mandarin Oranges and Honey Balsamic Vinaigrette
Asinan Jakarta • Modern Caesar Salad • Sotanghon Salad
Carrot Orange Salad • Zucchini Salad





BLT Salad with Croutons

Recipe by Rina Mallillin

Serves 6

- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/2 cup sandwich spread
- 1 teaspoon sugar
- salt and pepper to taste
- 1 cup bacon bits, cooked until crisp
- 2 cups tomato wedges
- 4 cups iceberg lettuce, torn into bite-size pieces
- 1 small white onion, sliced thinly
- 1 1/2 cups garlic croutons
- 1/2 cup grated Parmesan cheese, optional

For the garlic croutons:

- 4 slices of 1/2-inch thick bread (white loaf, wholewheat, French bread or any bread of choice)
- 1/4 cup butter or margarine
- 1/8 teaspoon garlic salt or salt with 1 clove minced fresh garlic
- 1 teaspoon parsley flakes, freshly minced or dried

In a small jar, combine the garlic, vinegar, oil, sandwich spread, sugar, salt and pepper. Cover tightly and shake until thoroughly mixed. Chill in the refrigerator.

In a salad bowl, toss together the bacon bits, tomato wedges, torn lettuce and sliced onion.

Pour the dressing over the vegetables and toss lightly to coat.

Divide salad in individual bowls and top with croutons. Sprinkle Parmesan cheese, if desired. Serve chilled.

Make the garlic croutons:

Preheat oven to 300°F (150°C).

Remove the crusty edges of the bread with a serrated knife.

In a small bowl, mix butter and garlic salt or salt with minced garlic. Spread on one side of each slice of bread. Sprinkle with parsley flakes or desired herbs.

Slice bread into cubes. Spread the cubes in a single layer on a shallow baking pan. Bake for 10 minutes or until crisp and dry. Take out of oven and cool on a dish or wire rack.

**Bacon bits are available in the frozen foods section of supermarkets.*



Tuna in Avocado Halves

Recipe by Rina Mallillin

Serves 6

- 3 medium size ripe avocado
- 1 small apple, skin on, chopped
- 1 tablespoon chopped celery
- 1 tablespoon chopped onion
- 1 cup tuna chunks in oil, drained
- 1/2 cup mayonnaise
- 1 teaspoon fresh calamansi juice
- salt and pepper, to taste
- parsley leaves, for garnish

Peel the avocados and slice in half. Remove the pits. Scoop out some flesh in big chunks. Make sure to leave a 1-inch edge. Dice the scooped out avocado flesh.

In a bowl, toss together the apple, celery, onion, tuna, mayonnaise, calamansi juice and the diced avocado. Season with salt and pepper.

Fill avocado halves with the tuna mixture and garnish with parsley leaves. Serve cold.

Crispy Prawn Salad

Coconut-crusted prawns with pomelo, orange segments and pineapple

Recipe by Florabel Co

Serves 1

- 2 prawns
- salt and pepper, to taste
- 2 tablespoons desiccated coconut cooking oil
- 50 grams assorted greens (about 1 cup)
- 1 pomelo segment, remove skin
- 3 orange segments, remove skins
- 5 pineapple slices from 1 small wedge
- 4 seedless grapes
- 1/4 cup sesame dressing
- 4 coarsely chopped candied walnuts

Shell and devein prawns. Season with salt and pepper. Dredge with desiccated coconut.

Heat oil and fry prawns until golden brown.

In a bowl, toss mixed greens and fruits with 1/4 cup of sesame dressing.

Arrange prawns, fruits and greens on salad plate and garnish with walnuts.

For the sesame dressing:

- 1/2 cup roasted sesame seeds
- 1 1/2 teaspoons sugar
- 1/2 cup sesame oil
- 1/4 cup corn oil
- 1/2 cup vinegar
- 1 cup canola oil

Whisk together all ingredients in a bowl.



Mixed Greens with Mandarin Oranges and Honey Balsamic Vinaigrette

Serves 6 to 8

For the vinaigrette:

- 2 tablespoons balsamic vinegar
- 1/2 cup olive oil
- 1 tablespoon mustard
- 1/4 cup honey
- 1/2 teaspoon rosemary
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

For the salad:

- 6 cups assorted leafy greens like bib lettuce, Romaine, Arugula, etc.
- 2 tablespoons red turnips or *singkamas*, sliced or julienne
- 2 tomatoes, sliced
- 1 312-gram can Mandarin oranges, drained
- almond flakes

Combine all vinaigrette ingredients in a screw-cap bottle and shake to blend flavors.

In a salad bowl, toss together mixed greens, red turnips or *singkamas*, tomatoes and Mandarin oranges.

Drizzle with vinaigrette dressing.

Top with almond flakes.





Asinan Jakarta

Jakarta fruit and vegetable salad

Recipe by Sri Owen

Serves 4 to 6

For the salad:

- 1 cucumber, peeled
- 2 - 3 medium carrots, peeled
- 2 *kedondong* (ambarella) or hard apples
- 2 *bengkuang* (small yam beans) or unripe pears
- 1 small pineapple, peeled and cored, optional
- 115 grams bean sprouts, cleaned
- 115 grams white cabbage, finely shredded
- 60 grams Chinese cabbage, finely shredded

For the dressing:

- 1/4 cup brown sugar
- 4 tablespoons water
- 1 tablespoon caster sugar
- 1 teaspoon fried or grilled *terasi* (shrimp paste)
- 2 tablespoons dried shrimps, soaked in hot water for 5 minutes, then drained
- 3 - 5 *cabe rawit* (bird's-eye chili), or 2 small dried red chilies
- 1 large red chili, deseeded and chopped
- 225 milliliters distilled malt or white vinegar
- 2 teaspoons salt

For the garnish:

- 85 grams fried or roasted peanuts
- 3 - 4 *krupuk udang* (prawn crackers)
- some mixed lettuce leaves

To prepare the salad, cut the cucumber and carrots into matchsticks, taking care not to make them too small. Peel the *kedondong* and *bengkuang* then slice them into irregular wedges, but not too thinly. Cut the pineapple, if using, into small pieces. Place all of these in a bowl including bean sprouts, white cabbage and Chinese cabbage. Set aside.

To make the dressing, melt the brown sugar and the water in a small saucepan. Transfer this straightaway into a large glass bowl. Set aside. Put the rest of the ingredients for the dressing into a blender and blend, but not too smoothly. Transfer this into the bowl with the already melted brown sugar. Stir this dressing to mix well, and adjust the seasoning. Now toss all the salad ingredients with the dressing, and leave to stand for a few hours or overnight, in the refrigerator or a cool place, to let the juices penetrate.

Just before serving, transfer the salad mixture to a large platter, garnish with the peanuts and *krupuk udang*, and arrange the lettuce leaves around the edge of the platter.

**From the book Foodlore & Flavors: Inside the Southeast Asian Kitchen*



Modern Caesar Salad

Recipe by Myrna D. Segismundo

Serves 4

1/2 baguette, sliced lengthwise into 4 pieces

butter, for brushing baguette

chopped parsley, for topping

1 head Romaine lettuce

1 clove garlic, peeled and chopped

2 - 3 anchovy fillets, chopped

2 egg yolks

1 1/2 tablespoons lemon juice

6 tablespoons olive oil or vegetable oil

1 teaspoon Dijon mustard

freshly ground pepper, to taste

2 tablespoons freshly grated Parmesan cheese

4 pieces rolled anchovy fillets

8 pieces crisp bacon rashers

Brush baguette slices with butter. Sprinkle with chopped parsley. Bake in moderate heat or grill until brown and crisp. Set aside.

Meanwhile, separate the Romaine lettuce leaves from the core. Discard the core and tear the leaves into bite-size pieces. Put greens into a bowl of water with a teaspoon of vinegar to clean, then gently pat dry with paper towels. Set aside in a bowl.

Rub a wooden salad bowl with the garlic, and then mash the garlic and chopped anchovies into a paste. Add the egg yolks, lemon juice, oil and mustard and whisk until creamy and well-emulsified. Season with pepper.

Add greens and toss gently with the sauce. Transfer tossed greens into 4 serving dishes or plates and garnish each with buttered baguette slices, Parmesan cheese, rolled anchovies and bacon. Serve at once.

Sotanghon Salad

Recipe by Susan Ledesma-Reyes

Serves 4

- 230 grams *sotanghon* (glass noodles)
- 1 handful *tengah daga* (wood ear mushrooms)
- water, to boil prawns in
- 12 pieces prawns, peeled and deveined
- 1 tablespoon oil
- 300 grams firm tofu, cubed
- 6 spring onions, thinly sliced
- 1/4 cup Chinese celery, minced
- 24 pieces cherry tomatoes, halved
- 1 - 2 pieces *siling labuyo* (bird's eye red chili), finely-chopped
- 1 handful *wansuy* (coriander) leaves
- 5 tablespoons fresh lime, or *calamansi* juice
- 3 tablespoons *patis* (fish sauce)

Soak noodles in hot water for 2 to 3 minutes. Drain and rinse in cold water. Chill

Soak mushrooms in hot water for 5 minutes till soft. Drain and cut into thin slices.

Boil water in a pot, add prawns and cook for 3 minutes. Remove prawns and put in ice bath until cool.

Remove prawns from ice bath and cut each into 3 pieces. Set aside.

Place oil in skillet. Stir-fry tofu for 3 minutes till golden brown. Cool.

When ready to serve, place noodles in large plate with prawns, tofu and mushrooms. Add the rest of the ingredients and toss well to combine. Adjust seasoning if necessary.



Carrot Orange Salad

Serves 6 to 8

- 4 pieces orange, peeled, separate segments, remove the skin and seeds
- 4 - 6 pieces carrots, shredded
- 1/2 cup sugar, or to taste
- 1/4 cup vinegar, or to taste
- black olives, pitted, for garnish

Cut orange into 1/2-inch cubes.

In a bowl, place the orange cubes. Add the carrots, sugar and vinegar. Mix together. Transfer to a serving bowl. Garnish with black olives.

Chill until needed.





Zucchini Salad

Serves 4

3 - 4 pieces zucchini
water for boiling
ice bath

3/4 cup loosely-packed
wansuy (coriander)

1 - 2 tablespoons *harissa*,
a North African
sauce made with
chili, garlic, cumin,
coriander, caraway
and olive oil

1 tablespoon paprika
1 teaspoon cumin
2 teaspoons rock salt,
or to taste
1/2 teaspoon black
pepper
3 - 4 tablespoons olive oil
2 teaspoons vinegar
1 teaspoon minced
garlic

Wash zucchini very well. Cut into 2- x
1/2-inch pieces. Blanch in boiling water
for 1 minute then immediately dip in an
ice bath. Drain well.

Place zucchini in a bowl and add the
rest of the ingredients. Toss lightly.

Transfer to a serving dish. Garnish with
sliced zucchini or cucumber.



Sandwiches

Open-faced Garden Chicken Sandwich
Gourmet Ham Sandwich • Catherine's Cheesesteak Panini
Angel Egg-Hugged Sandwich • Longganisa Pinwheels
Sausage Rolls • Cream-Cheese Pita Bread Wraps



Open-Faced Garden Chicken Sandwich

Recipe by Cecille Esperanza

Serves 6

- 2 tablespoons vegetable oil
- 1 cup sliced bell peppers
- 1 cup sliced white onions
- 6 chicken breasts, deboned
- 1 cup shredded quick melting cheese
- 6 slices white bread, toasted
- 1/4 cup sandwich spread

In a skillet heat vegetable oil and stir-fry bell peppers and onions for 3 to 5 minutes, stirring frequently until cooked but still crisp. Remove from the skillet.

In same skillet, cook chicken breasts, each one for 10 to 12 minutes, turning occasionally, until light golden brown and no longer pink in center. Turn off heat but let chicken remain in pan.

Top each chicken breast with the stir-fried peppers and onions and the shredded cheese. Cover pan until the cheese melts, about 1 to 2 minutes.

Spread some sandwich spread on toasted bread slices. Carefully place chicken over bread slice. Serve warm.



Gourmet Ham Sandwich

Serves 8

- 1 whole French bread (8-inch baguette)
- butter
- 1/3 cup mayonnaise
- 1 teaspoon mustard
- 1 cup sweet ham
- lettuce
- 3 tomatoes, sliced into rounds
- 1 small cucumber, sliced into rounds
- 1/4 cup cheddar cheese, sliced

Cut the French bread crosswise in half. Then cut each half into 3 pieces of 1-inch thick slices, but don't cut through the bottom so that the bread remains intact.

Lightly butter the inside surfaces of the cut bread. Spread mayonnaise and mustard also.

Fold ham and place in between bread slices. Arrange the tomatoes and cucumber slices in between. Place the cheese slices beside the ham.

Heat each whole sandwich in an oven toaster until lightly browned. Remove from oven and serve.

Catherine's Cheese Steak Panini

Recipe by Catherine M. Chua

Makes 5 servings

- 2 tablespoons olive oil
- 1 large head garlic, crushed, divided into 2 portions
- 1 cube beef bouillon
- 3/4 kilo beef sirloin, sukiyaki cut
- 2 teaspoons soy sauce
- 2 teaspoons liquid seasoning
- ground black pepper, to taste
- 3 medium white onions, sliced into rings
- 2 tablespoons salted butter
- 1 tablespoon olive oil
- 2 teaspoons liquid seasoning
- 2 cups sliced canned button mushrooms, drained
- 6 pieces bread roll, ciabatta, or steak roll (get a pack from Le Coeur de France or steak roll from French Baker)
- 9 slices Mozzarella cheese, thinly sliced (you may use the ones that are individually wrapped)

In a skillet, heat 2 tablespoons of the olive oil. Sauté half of the crushed garlic. Add beef bouillon. Crush the bouillon until pasty in texture.

Add sirloin pieces. Continue sautéing, making sure the flavor of the bouillon is absorbed by the beef. Add soy sauce and 2 teaspoons of the liquid seasoning. Season with black pepper. Continue stirring, allowing the liquid to evaporate. Don't worry that the beef pieces will not cook evenly and will look fried. Some will be well done, others medium well, and still some will be crisp on the side. When the liquid has evaporated, remove beef slices from skillet. Set aside.

Without removing the mixture of oil and flavors in the skillet, throw in onion rings and toss for about 5 minutes or until onions are translucent. Remove from heat. Set aside.

In a separate skillet, heat butter and 1 tablespoon olive oil. Toss in remaining crushed garlic and 2

teaspoons liquid seasoning and a dash of ground black pepper. Add button mushrooms and sauté until tender. Set aside.

Turn on the panini grill and set temperature between medium and maximum.

Slice each bread lengthwise. Put about 2 tablespoons of beef mixture on each roll. Place just the right amount especially since the bread will be pressed. (If using a toaster, add more filling.) Add some onion rings and sautéed mushrooms.

Top each roll with 1 1/2 slices Mozzarella cheese. The sandwiches are now ready to be pressed.

Place a prepared sandwich in the panini press. Press down the top part of the panini press to grill the sandwich for about 8 minutes. Remove from press. Repeat procedure for remaining sandwiches. To keep sandwiches warm, wrap the already-grilled paninis in foil while waiting for the rest to be grilled.



Angel Egg-Hugged Sandwich

Serves 1

toothpicks

- 1 chicken breast, poached and sliced
- 1 slice spicy ham
- 1 thinly sliced quick-melting cheese
- 2 slices white bread
- 1 egg, beaten
- 3 tablespoons milk
- cooking oil or butter, for frying

Place chicken breast, ham and cheese slice on 1 piece of bread. Top with the remaining slice of bread.

Secure the sandwich with 2 toothpicks placed in opposite corners.

In a shallow bowl, beat the egg and milk together.

Dip the sandwich in the egg and milk

mixture until it is completely coated and the bread has partially absorbed the liquid.

In a skillet, heat oil or butter and fry the sandwich on both sides until golden brown.

Place the sandwich on a plate and slice in half diagonally. Garnish as desired and serve immediately.





Longganisa Pinwheels

Makes 12 slices

For the dough:

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon sugar
- 2/3 cup shortening
- 2/3 cup milk

For the longganisa filling:

- 1/2 kilo skinless *longganisa* (or remove *longganisa* stuffing from casing), half-cooked
- 2 eggs, lightly beaten
- 1 egg white, slightly beaten for brushing on the pinwheels

Make the dough

In a large bowl, with a fork or wire whisk, mix well the flour, baking powder, salt and sugar. Add shortening and cut mixture with a pastry blender or 2 knives, until mixture resembles fine crumbs. Stir in milk. Mix with a fork until dough sticks together and can be formed into a ball.

Turn dough onto a lightly floured surface. Knead lightly for around 10 seconds. Press with rolling pin or pat with the hands into a 9- x 12-inch rectangle, around 1/2-inch thick.

Make the longganisa filling

In a small bowl, mix the longganisa and eggs well.

Cooking

Preheat oven to 450°F (232°C).

Spread *longganisa* filling over the dough. Roll up, jelly roll style, starting from short end. Chill until firm, around 10 minutes. Cut roll into 1/2-inch slices.

Place pinwheels on lightly greased cookie sheets. Brush top of pinwheels with egg white.

Bake for 10 to 12 minutes or until golden. Remove immediately from the cookie sheets. Serve warm.



Sausage Rolls

Recipe by Cecille Esperanza

Serves 6 to 8

jelly roll pan
plastic wrap

- 16 pieces sliced bread, fresh, not previously refrigerated
- 1/4 cup butter, softened
- 16 slices quick-melting cheese
- 4 Italian sausages, cut lengthwise
- 2 cups breadcrumbs
- 3 eggs, beaten

Remove crusts from all sides of the bread. Save in the freezer to be used later for croutons or bread pudding.

Flatten bread slices with a rolling pin. Spread butter on both sides. Arrange a slice of cheese and a slice of sausage on each bread slice. Roll tightly. Wrap in plastic wrap and store in refrigerator about 1 hour.

Preheat oven to 350°F (180°C).

Grease jelly roll pan and set aside.

Remove plastic wrap from bread. Roll bread in breadcrumbs, dip in eggs, then roll in breadcrumbs again. Arrange in a jelly roll pan. Bake in preheated oven about 5 minutes or until golden in color. Serve warm.

Cream Cheese Pita Bread Wraps

Serves 8 to 12

- 2 225-gram bars cream cheese, softened
- 1 white onion, chopped
- 5 tomatoes, chopped
- 1 large garlic head, minced
- chopped bacon, or tuna or diced cooked chicken or ground meat

Italian seasoning, to taste
salt and pepper, to taste

10 - 20 pita bread wraps, lightly grilled

In a bowl, combine cream cheese, onion, tomatoes, garlic and choice of tuna or any of the meat.

Season with Italian seasoning, salt and pepper. Set aside for 3 to 5 hours for flavors to blend

Spread 2 heaping tablespoons of the cream cheese mixture on each pita bread.

Fold two opposite ends of the pita bread and roll to seal the spread.

Optional: After rolling, put toothpicks 1-inch apart on the rolled part and slice in between. Discard toothpicks. Arrange sliced pita on plates and serve.



glossary

al dente – literally ‘to the teeth,’ describes pasta that’s cooked but still firm to the bite

baguette – a kind of bread distinguishable by its much greater length than width, and noted for its very crispy crust; also known as ‘french stick’ or ‘french loaf’

blanch – to place vegetables in boiling water for a few minutes then plunging these into cold water to stop further cooking. This process cooks the vegetable but preserves its crisp texture and color.

cabe rawit – Indonesian term for ‘bird’s eye chili’ or ‘*siling labuyo*’

caster sugar - very fine sugar in Britain, so named because the grains are small enough to fit though a sugar ‘caster’ or sprinkler; sold as ‘superfine’ sugar in the United States

cookie sheet – flat metal sheet without sides for easy removal of cookies. One side usually has an upturned lip so the sheet is easier to pick up.

dollop – a small glob of soft food, such as whipped cream or mashed potatoes; when referring to a liquid, dollop refers to a dash or ‘splash’ of soda water, water, etc.

dredge – to cover lightly with flour, breadcrumbs or other fine powdered ingredients

fold – a procedure of mixing a light fluffy ingredient, usually beaten egg whites, into a thicker mixture in a gentle under-and-over motion so as not to break down the air.

grease – to smear with fat

harissa - a North African sauce made with chili, garlic, cumin, coriander, caraway and olive oil

knead – to work a yeast dough by hand until it becomes springy and develops a gluten

krupuk udang – Indonesian term for ‘prawn cracker’

muffin pan – can be made out of aluminum, stainless steel, cast iron or silicone where muffins or cupcakes are baked; a regular pan has room for 12 muffins

render – a process for separating fats from other organic materials

sauté – to cook very quickly in a little fat or oil

serrated knife – knife with a notched and tooth-like edge

stew – to boil meat in little liquid in a closed vessel

terasi – Indonesian term for ‘shrimp paste’

thread stage – a specific temperature range when cooking sugar becomes a syrup at 223°F to 235°F (106°C to 113°C). This stage can be determined by dropping a spoonful of hot syrup into a bowl of very cold water. If the syrup drips from a spoon and forms thin threads in cold water, thread stage has been reached.

unsalted butter – contains no salt is labeled as ‘sweet’ butter; preferred by many for cooking and baking. Salt acts as a preservative, and without it, butter is more perishable.

whisk – coiled wire or rotating blades used to beat one or more ingredients by hand

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What's Next

These special cookbooks will be must-haves for your cookbook library and great gifts for friends who love to cook and eat.

Desserts

For people with a sweet tooth, pages of new and old meal-enders of cake, pie, pastry or confectionery.

Main Courses

A collection of chicken, beef, pork, fish and seafood recipes that can serve as the principal dish on your menu.